



ACCENTS

FORTNIGHTLY PUBLICATION — JUNE 15-28, 2018

PRACTICING MIDWIFERY IN MADAGASCAR

“Bang, Bang, Bang!” Very early one morning as I slept in our tiny wooden cabin, isolated on the shores of the Toliary Lagoon in Madagascar, I was awakened by someone banging frantically on the front door. Cries of “Ma’mé, Ma’mé”, followed by an incomprehensible shower of words, catapulted me out of bed. It was Notee, a fisherman and our cabin guardian. He lived with his wife and a little son in a circular thatched hut nearby. There was no mistaking, despite our mutual incomprehension, this was an emergency. Grabbing a wrap, I raced after him, across the sands to his hut. Ducking down, I followed him in. There on the sandy floor, lay his wife, Arwa, writhing in pain.

I knew Arwa was pregnant. Jean Louis, my husband, had arranged with Notee to drive her to the hospital when she needed to go, but he had already left that morning. I was alone. It was too late for Notee to undertake the perilous 20 kilometer journey to the Toliary hospital in an oxen-drawn cart. Notee gesticulated wildly. I understood I was to take charge of Arwa while he went to the neighboring village, by oxen cart, in search of the village midwife. I nodded indicating that I needed some additional items from the cabin. I fled and gathered a pile of towels and my sewing scissors, just in case. They needed to be sterilized if I were to cut the umbilical cord. I lit the gas burner, put water in a saucepan and dropped the scissors in, to no avail. Notee was back again at the door, banging frantically, and gesticulating for me to return. I gave up, grabbed the towels and the unsterilized scissors and raced to the hut.

There I was with Arwa as she writhed and howled in pain. I had no experience delivering babies but had seen a program about the Lamaze method of childbirth several years before. I knelt down beside her, telling her, “Everything is going to be all right.” I smiled at her and stressed breathing in and breathing out and did it with her.

“Breathe in”, I said, demonstrating taking a deep breath through the nose, followed by “Out”, releasing the breath by mouth. I smiled at her again, breathing in and out with her, while laying my hand on her abdomen, pushing gently with the out breath. When she had calmed down and was breathing rhythmically, I got up, took a towel, propped up her legs, and laid the towel on the sand beneath her. I was shocked to see that the baby’s crown was already appearing. I continued to call to her, in rhythm,

“Breathe in, breathe out, and push.” She relaxed as much as possible, and gained confidence, as I did. I worked with her until the baby’s head popped out, but it was slightly turned on one side with one shoulder appearing first. The other seemed to be stuck. I wiped the baby’s face, terrified it would not breathe. “Push”, I said, and again I worked laboriously on the breathing rhythm, especially the pushing. I tried to lift the baby a little so that the second shoulder would free itself. It was a process. Arwa continued to work hard with the breathing and pushing. I held the baby’s head off the towel and after an interminable amount of time, the baby slipped gently out of the birth canal. It didn’t utter a sound. It was a little girl.

Concerned about the baby’s breathing, as I had seen in the movies, I took her heels between my fingers and held her upside down to gently smack her buttocks. As I did so, she howled, opening her mouth wide. I was both relieved and delighted. I gently wiped her little body and wrapped her up in a clean fresh towel. Her mother was smiling exhaustedly at her. I pulled on the umbilical cord, still attached to the mother, so I could place the baby close to her mother. I laid her down on the mother’s abdomen. All was well. After a while I searched for the scissors and unwrapped the baby. I thought it best to leave more rather than less of the cord. I cut it off, leaving a foot of cord attached to the baby. I rolled it up and wrapping the baby anew, I moved her close to her mother’s breasts. Arwa smiled exhaustedly. The newly born baby settled comfortably snuggling with her mother. All was quiet except for the gentle crashing of the waves on the beach.

Some time later I heard the creaking of the oxen cart outside. In came a dignified, matronly woman, accompanied by her assistant. I went over to her and bowed, as was the custom. She smiled on seeing mother and baby together. I explained to her, as well as possible in signs, that I had cut the umbilical cord about a foot from the baby’s abdomen. She nodded, turned, and took a scissors from her bag. They were black and gnarled with rust. Horrified, I backed away, and quickly grasped my sewing scissors while gently approaching her, bowing, and offering her my scissors, indicating that I would like to accept

Continued on Page 4.

EVENTS

SUN JUN 17 MOVIE – 1:30 – MH

Wait Until Dark. Starring Audrey Hepburn as a young blind woman left alone. One of the best thrillers ever made.

WED JUN 20 MOVIE – 7:15 – MH

JANE. This film tells the story of Jane's early exploration and research in Tanzania, her relationship to her cameraman and her husband, Hugo van Laurick, and the chimpanzees who were the faces of her subjects.

THUR JUN 21 HALF-FAST WALKERS PLAN TO WALK – 9

Nisene Marks. Marty Rosen will lead. Easy/moderate. Sign up on the BB.

SUN JUN 24 MOVIE – 1:30 – MH

Being There. Comedy. A simple, sheltered gardener becomes the trusted advisor to a powerful businessman and an insider in Washington politics.

WED JUN 27 MOVIE – 7:15 – MH

Shakespeare Wallah. A British theatre group travels India in the wake of Indian independence. The film captures the emotions that hold the troop together, which are the same as those that the British and Indians from understanding each other.

THUR JUN 28 HALF-FAST WALKERS PLAN TO WALK – 9

Meadows. Easy. Mike Smith will lead. Sign up on the BB.

UPCOMING EVENTS

WED JUN 20 DAY TRIPPERS TOUR & SUPPER - 4:00

We will have a tour of the Naval Post Graduate School and will have supper there afterwards. The Bus will depart at 4:00 p.m. We will have an escorted tour with Melinda Larsen, Public Affairs Officer. She will take us through the restricted area and tour the campus and the historic Del Monte Hotel. We will see walls with beautiful frescoes and paintings. We will visit the Museum and learn the history of the historic hotel. We will visit the ballroom and the lobby and then end up for supper in the charming Officer's Club. There will be an open menu, cash and credit cards will be accepted and individual tickets allowed. A \$10 deposit is required to hold your seat. It will be fully refunded when you get on the bus. Sign up on the Bulletin Board!. Because we will be able to go through the restricted area, only those who come on our bus will be allowed to go on the tour. So, no private cars. Any questions, call Lari Newbury at 4818.

FRI JUN 22 SPECIAL EVENTS GUSTAVO ROMERO, CONCERT PIANO – 7:15 – MH

Visiting us again, concert pianist Gustavo Romero is internationally renowned for his exceptional technical brilliance

and in-depth exploration of a wide variety of composers. His concert tours include Italy, United Kingdom, Ireland, Vietnam, Taiwan, South Africa, and the USA. In the 2017/18 season, Mr. Romero focuses on the piano works of Enrique Granados, celebrating the 150th anniversary of his birth.

MON JUN 25 MONDAY MORNING FORUM – 10:30 – MH

The MMF Committee is pleased to announce our next speaker, the current and relatively new head of Middlebury Institute of International Studies, Jeff Dayton-Johnson. Founded in 1955, MIIS has a very rich history for all of us on the Central Coast. Many local citizens have served on its Boards and Advisory Committees including our own Mary Kay Crockett, who will introduce Jeff at MMF, June 25. Since its founding, MIIS has trained thousands of young people who were, and are, inspired to advance international relations via languages and special skills. With a current enrollment of 764 students, pursuing a curriculum including 46 languages, these graduates are placed throughout the world. We have frequently enjoyed presentations by faculty and students, whose world service has contributed significantly to enhanced international relations. Acquired by Middlebury College in 2010, MIIS has benefited substantially from a very strong financial base and bright future. Please join us to hear the new Dean of Middlebury Institute of International Studies.

FRI JUL 8 DAY TRIPPERS – 1:00

The Obon festival. Harry Hanson will be the docent for this trip. He is a master Bonsai aficionado. Please sign up on the bulletin board for this trip. The bus will leave at 1:00 for the Seaside Buddhist Temple.

NEW/SOON-TO-BE RESIDENTS

Claude "Skip" & Joan Keyzers	Tom and Sue Masters
Selma Petker	John and Ann Mahoney
Charles and Leslie Snorf	Bruce and Harriet Newell
Diane Greenlee	Susan DuCoeur
Susan Nycum	Paula Albert

Happy Birthday

6/16	Monty H	6/24	Margaret D.
6/19	Jean B.	6/24	Bob E.
6/19	David N.	6/25	Linda P.
6/22	Charlotte N.	6/27	Jan F.

IN MEMORIAM

6/4	Lucille Barnhart
6/7	Charles Page
6/11	Barbara Eisiminger

ONGOING ACTIVITIES

See also *Master Schedule of Ongoing Activities*

(C 10,11 Residents' Handbook)

MON	Chair Exercise MH	8:30-8:45AM	THUR	Chair Exercise MH	8:30-8:45AM
	Monday Morning Forum (4th) MH	10:30AM		Half-Fast Walkers	9:00AM
	Advanced Exercise MH	11:00-11:45AM		Adv. Water Exercise SP	9:30-10:15AM
	Duplicate Bridge GR	1:00PM		Games GR	7:00PM
	Dominoes GR	7:15PM	FRI	Chair Exercise MH	8:30-8:45AM
TUES	Chair Exercise MH	8:30-8:45AM		Balance and Stretch MH	9:15-9:45AM
	Council Meeting (2nd) CR	9:30AM		Strength Circuit Training FC	11:00-11:45AM
	Adv. Water Exercise SP	9:30-10:15AM		Bookmobile	12:45-1:15PM
	Worship Services (1st) H	10:30AM		(Every other Friday from June 15)	
	Communion Service (3rd) HC	10:30AM		Lawn Bowling PG	1:15-3:15PM
	Lawn Bowling PG	1:15-3:15PM		Social Bridge GR	7:15PM
	Sing For Fun (1st & 3rd) WP	2:30PM	SAT	Chair Exercise MH	8:30-8:45AM
WED	Chair Exercise MH	8:30-8:45AM		Putting (2nd) PG	10-11:30AM
	Balance and Stretch MH	9:15-9:45AM		Wine Dinner Group (2nd) PDR	5:30PM
	Advanced Exercise MH	11:00-11:45AM		Music on the Menu DR.	6:00-7:00PM
	Strength Circuit Training FC	11:00-11:45AM		(Every other Saturday from June 16)	
	Communion Service (2nd) WP	11:15AM	SUN	Classic Movie MH	1:30PM
	Movie Night MH	7:15PM			

LOCATION LEGEND

CR Conference Room(s)	DR Dining Room	FC Fitness Center	GR Game Room
H Hillcrest	HC Health Center	HG Hall Gallery	L Library
MH Meeting House	PDR Private Dining Room	PG Putting Green	PL Pavilion Lounge
SP Swimming Pool	WP West Parlor	BB Sign-up and/or Information on Bulletin Board	

SUPPORT OUR COUNCIL BUDGET



Residents are being asked to contribute a minimum of \$120 for the 2018–19 year of Residents' Council activities. **We thank you if you have already contributed. If you have not, please consider the importance of participating and supporting our committees, activities, and council budget.**

Where else does \$12 per month buy you:

- 6 – 8 movies a month
- Classes conducted by college professors
- Current events/issues lectures every month
- Health topic lectures
- Beautiful flower arrangements in the lobby and Hillcrest
- Bridge (and bridge lessons), dominoes, lawn bowling, croquet, putting, mahjong, table tennis & a pool table
- Holiday celebrations & decorations
- New Library books and DVDs added each month
- Art Room activities and classes

- Weaving room & Sewing room
- Residents' Business center
- Day trips and Sunday evening dinners out
- Religious services and activities
- Residents' garden
- Emergency/safety planning and drills
- Monterey Symphony prep.
- Entertaining programs & dances
- Accents published bi-monthly
- Resident photos and bios

In order to provide this multitude of activities and programs, a budget of over \$65,000 is required. Please send in your check or make your pledge today.

Pledge forms and envelopes (for Mary Gates/ Business Office) are available at the Reception Desk in a folder by the deposit box for those who have not donated.

Jack Enbom & Gloria Mikuls

her scissors which she then gave me. She then took the baby and recut the cord, knotting it expertly. Since I had delivered the child, I was given the banana leaf, brought by the father, Notee, in which to collect the placenta. It came simply with a little push. I collected it and wrapped it in the banana leaf, and gave it to Notee who took it to the sea and buried it. All was now well with mother and child. With the completion of the traditional practices following birth, I was free to leave.

Every weekend thereafter on arriving at the cabin, Notee presented us with a delicious freshly cooked lob-

ster served on a tin plate. He often came to the cabin in the evening to sing and play on his homemade violin. He continued to accompany us on sailing and fishing trips in our traditional outrigger sailing canoe, even offering me his paddle, a prized possession, when our tour was ending. I accepted it, but returned it to him as my next assignment was in the Sahel. What a magnificent time it was!

*Freya White-Henry
(Dick Wheat's writing class)*



NEW MEDICARE CARD

You have, or will have, a new Medicare card. Many people are confused about this card. AARP has done a survey to learn about what people know about these new insurance cards. They found that six in ten believed that they might have to pay for the card. **You DON'T!** This erroneous belief has encouraged scammers to pose as Medicare personnel and demand payment or tell you that you can get reimbursed for your old card if you give them your bank account information. Don't fall for that attempt to get your information.

Medicare is changing our cards to cut down on fraud. The cards no longer carry our Social Security numbers. You now have, or will have, a unique number to identify you on your new card. You should shred your old card to protect your Social Security number. You can keep your SS number in a separate place from your purse or wallet.

Getting your new card may take a while. Replacing your old card began in May, and it is a yearlong process. When you get it, just remember: it's free so don't fall for a scam!

Adapted from AARP Bulletin

Kay Enbom

PUBLICATION STAFF

ACCENTS is published by and for the residents of Carmel Valley Manor, a Life-Care Community at 8545 Carmel Valley Road, Carmel, CA 93923.

Editor: Kay Enbom
jkenbom@yahoo.com
Publisher: Celina Manzanarez
Proofreader: Arden Hoppe
Contributors: Jack Enbom
Gloria Mikuls
Freya White-Henry

Information regarding the Manor can be obtained from
WWW.CYMANOR.COM
or from the Director of Admissions, Angie Machado,
(831) 626-4867 or (800) 544-5546

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